Healthy Eating with Diabetes

Foods to limit:
+ White rice
+ Sugary drinks (soda, juice, ginger ale)
+ Processed meats (sausage, bacon, cold cuts)
+ Sweets and fried foods

1/4 PROTEIN
Grilled chicken

1/4 STARCH
Yellow rice and pigeon peas

1/2 PLATE VEGETABLES
Mixed vegetables

WATER
9 INCH PLATE

Live Your Healthiest Life.
GLUCOSE LEVELS MONITOR

My fasting blood sugar goal is:

Two hours after I eat, my blood sugar levels should be:

I will check my blood sugar:

Time:

MY EXERCISE PLAN

Activity:

Days per week:

S  M  T  W  T  F  S

Minutes per day:

MY FOOD PLAN

I will eat MORE:

Time:

I will eat LESS:

A1C LEVELS

My current A1C level is:

My A1C goal is: